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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Weird-looking wafers combat even chronic fatigue in minutes

by Michele Cagan

Down to the bone weariness.

True fatigue drains your body of energy, muddles your thinking, saps your strength.

Fatigue can last for weeks, months, even years... making it impossible to live your life. Every cell in your body feels exhausted.

This crippling exhaustion feels like it will drag on for an unimaginable length of time, and it starts to take a toll on your emotions—you'll never be able to enjoy a dinner party, play catch with your grandson, just get through *one* afternoon without that desperate need to lie down.

The only way to truly restore your vitality is to combat crushing fatigue at the cellular level.

And there's only one all-natural supplement that can do it.

Whether your fatigue comes from a debilitating autoimmune disease (like fibromyalgia), the exhausting effects of cancer treatment, or the draining wear and tear of a stressful life, this supplement can help you feel vital again.

Vitality restored after fifteen years of chronic fatigue

"I was living on caffeine and 5-hour energy, and I still felt tired all the time."

Mark Hartwick's job kept him on the road, day after day, for fifteen years, and it left him drained and tired much of the time.

But six years ago, things took a turn for the worse, and he was diagnosed with sarcoidosis, a condition known to cause even more fatigue. Suffering from this illness

and traveling for work every day was nearly impossible. And the quick-fix energy drinks Mark gulped down had him swinging high and low until he got home... and then he would "crash and burn." And after a crash-nap, he wouldn't be able to sleep at night, intensifying his fatigue during the day.

"The cycle was killing me. I was always going, always tired. And those energy drinks are really expensive. So I decided to try something natural... and finally found something that really worked. Now I can get through the day much easier, I'm not edgy, I feel good."

With an infusion of calm, level energy, Mark always feels well rested. "I'm not hitting that afternoon wall anymore. And I'm thinking better, too. My mind used to jump all over the place, but now I feel sharp and focused."

"Those wafers really changed everything."

They look weird, but just give them a try

When you first open the bottle, you may think, "These look weird."

Well, they do... but Vibrant & Clear Energy Wafers taste very good. So good, in fact, once you taste them, it may be hard to stop at just one. But one wafer is all you need for a focused energy boost.

And while they also look like they'd be hard to eat, the wafers practically melt in your mouth.

But where they really shine is in deliv-

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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Weird-looking wafers fight fatigue

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ering the pristine building blocks your body needs to create energy, a special compound called NT Factor Lipids.

Unlike quick-fix energy drinks and caffeine, NT Factor Lipids really work to conquer fatigue... and they work fast.

NT Factor Lipids reduce fatigue by 40% in just 45 minutes (sometimes even faster!)

They work fast, to give you a significant physical and mental energy boost.

And researchers found out exactly how well in a recent study¹ of people with varying levels of fatigue. This three-hour preliminary study included 29 middle-aged volunteers, all given NT Factor Lipids "shots" (the same ingredient as in the wafers, but in liquid form).

Using the Piper Fatigue Scale, the researchers gained new insight into NT Factor Lipids.

- Every kind of fatigue was reduced
- Most subjects felt less tired within an hour... with 25% feeling better within 15 minutes
- Overall fatigue was reduced by an average 39.6%
- Mental fatigue improved by 49.4% (on average)
- 74% of the subjects reported improved mental clarity
- The most fatigued participants saw the biggest improvements

And here's the best part:

The study participants got 600 mg of NT Factor Lipids... just half of the dose you'll get in each Vibrant & Clear Energy Wafer.

40 years of research uncovers the key to calm focused energy that lasts

Nobel Prize nominee Dr. Garth Nicolson has devoted his brilliant career to unlocking the secrets of cellular energy.

It all started back in 1972 when a very young Dr. Nicolson (along with a

colleague) published a game-changing research article², one that's since been cited more than 5,000 times by other scientists.

The focus of that research was cell membranes, and though he probably didn't realize it at the time, his work forever changed the way scientists look at cells. Dr. Nicolson discovered that lipids work directly with cell membrane proteins, a fact that hadn't been known before.

And that discovery set the stage for cellular repair with lipid replacement therapy (LRT).

Since then, Dr. Nicolson has dedicated his career to helping people overcome chronic fatigue with LRT, especially with NT Factor Lipids. He's published 27 studies on LRT, and is conducting more even as this article is being written. One key area of research is the impact of LRT on widespread mitochondrial damage in neurological disorders like Alzheimer's and Parkinson's diseases.

And Dr. Nicolson himself is particularly focused on helping our soldiers battle fatigue.

Keeping our soldiers sharp and clear

Dr. Nicolson told me about a small, preliminary test of NT Factor Lipids, this one potentially crucial to the lives of our soldiers.

When troops are deployed at high altitudes, it impacts their mental and physical clarity, and that can have a huge impact on their safety.

So Dr. Nicolson gave NT Factor lipids to a deployed, active duty U.S. Navy Seal team (Dr. Nicolson himself is an honorary U.S. Navy Seal and honorary Colonel of the U.S. Army Special Forces), stationed in the towering mountains of eastern Afghanistan.

While he couldn't give me specific details, he reported that the NT Factor Lipids helped the team of Navy Seals function better at that altitude.

And with their lives literally on

the line, sharp, clear thinking and reduced fatigue can mean the difference between successful missions and failure... between life and death.

Success depends on the tiniest power cells doing the biggest job, but damage stops them cold

They're so small that there can be literally thousands of them packed into a single cell in your body, and your body can't function without them.

Your mitochondria play a most crucial role: they create energy, powering up every cell. In fact, mitochondria create virtually all of the cellular energy (more than 90 percent) you need to survive and thrive. But since your mitochondria work less effectively *and* their numbers decline as you get older, your cells are left to function with fewer energy sources that don't perform as well as they used to.

Time and stress—emotional, physical, environmental—take a massive toll on these mini powerhouses. The cell membranes surrounding your mitochondria are especially susceptible to damage from oxidation, which makes them unable to produce enough energy to get you through the day. What's more, when your mitochondria divide and replicate, that damage becomes part of their new model.

When your very cells aren't getting enough energy, deep and profound fatigue takes over. This is not the same as feeling tired, and it can't be fixed with a good night's sleep or a large coffee. It's long lasting, wholly debilitating weariness, where everyday tasks (like getting dressed, or cooking breakfast) seem insurmountable.

Sleep and stimulants (like caffeine) will not solve this problem.

But pristine glycophospholipids will.

Unavoidable damage requires constant repair

Cell membranes are notoriously fragile, especially the inner membranes of your mitochondria. When there's any chink in the cell membrane, com-

munication is compromised, and the only message that gets out is fatigue.

Your cell membranes are made up of a double layer of glycophospholipids (special fat molecules) that need constant maintenance and repair, because they are constantly and unavoidably under attack from:

- pesticides
- insecticides
- stress
- pollution
- illness
- environmental toxins

All that damage—both new and accumulated—changes the way your cells perform.

So your cells work hard to fix themselves, but to do that they need ample fresh repair supplies of new perfect glycophospholipids to replace the damaged ones in the cell membranes. Those replacements must be brought in every single day, but it's practically impossible to get enough. So instead of pristine patches, your cells make do with whatever's on hand, and those precious cell membranes get patched up with damaged lipids.

Without complete protection from perfect cell membranes, your mitochondria can't create enough energy. And bone-weariness fatigue sets in.

But getting the right supplies to your cells repairs that damage, and replaces crushing fatigue with calm, focused energy.

The only way to replace damaged cell membrane lipids with perfect ones

The idea seems simple, obvious even: Replace damaged glycophospholipids with perfect ones to repair your cell membranes, and your cells will be restored to full, proper function.

The tricky part is supplying pristine lipids that haven't been subjected to oxidation and other damage—which is nearly impossible. Even if you're taking lipid supplements (like fish oil), what eventually gets to your cells isn't perfect.

Those lipids have to be pristine, completely flawless, when they reach your mitochondria. They have to remain protected during storage, ingestion, and digestion, which is practically impossible.

Unless you have NT Factor Lipids.

NT Factor Lipids are specially extracted and stabilized phospholipids that come in a sort of “protected carrier.” In that carrier, they're protected against oxidation, and remain undamaged and ready to go. So when they get where they're needed most, NT Factor Lipids directly restore function to your mitochondria.

And there are plenty of studies to show just that.

NT Factor Lipids dramatically reduce all forms of fatigue

It's amazing, really, what having a full supply of pristine glycophospholipids can do for you.

Even the researchers running the clinical studies have been stunned to see the results.

- Fatigue dropped by an average 36.8% while mood and cognition improved measurably in 67 patients taking NT Factor Lipids for just one week³
- 81% of cancer patients on chemotherapy had improved quality of life and 68% has fewer side effects from their chemotherapy when they took NT Factor Lipids (in combination with other nutrients)⁴
- A 2003 study found that NT Factor Lipids reduced fatigue by 35.5% in moderately fatigued older adults, and restored mitochondrial function by 26.8% back to a level typically seen in young healthy adults⁵
- Lab animals with age-related hearing loss regained hearing sensitivity and had no further hearing loss after six months of LRT with NT Factor Lipids⁶

And not only has this treatment been proven to vastly increase mitochondrial function and drastically reduce fatigue, LRT with NT Factor

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Mysterious weight gain, impossible weight loss... The *real* reason you're plagued by extra pounds, and how to reverse it

by Michele Cagan

No matter what you do, your weight keeps shooting up, and those unexplainable pounds just won't come off.

It makes no sense—you haven't been eating more or exercising less, but frustrating extra pounds keep accumulating.

You don't bother bringing it up with your doctor, because he'll either scold you or dismiss your concerns, chalking it up to just getting older.

But your uncontrollable weight gain—which makes no sense at all—may come from something he hasn't thought of...

Especially if you've noticed a bunch of other "signs of aging" along with those extra pounds

- Difficulty concentrating and remembering
- Feeling more sensitive to cold
- Thinning, brittle hair
- Thinning eyebrows
- Puffy face
- Hoarse voice
- Dry skin
- Disappearing libido
- Joint and muscle pain
- High cholesterol
- Constipation
- Depression, anxiety, or mood swings
- Extreme tiredness

It's not your age. And it's not your diet.

It's a much different problem, with an absolute fix that can turn it all around.

The real reason you're gaining weight... and how to make it stop

It's not fair, and it's not your fault.

No matter how carefully you diet, you can't lose weight. In fact, despite

good eating habits, you actually keep gaining weight. It's enough to make you want to trade your chicken and vegetables for a fully loaded hot fudge sundae... if you're gaining weight anyway, you may as well enjoy it.

But don't head for the Ben & Jerry's just yet.

Because the solution to your unreasonable weight gain and impossible weight loss is here, just not quite where you expected.

The key lies in a tiny, butterfly-shaped gland that controls your weight. And when that little gland, your thyroid, is out of balance, your weight—along with your cholesterol, hair, skin, libido, and more—goes haywire.

Get your thyroid back in balance, though, and all those problems you (and your doctor) thought were unfixable, "normal signs of aging" will begin to reverse themselves.

So commonly misdiagnosed, you may be suffering needlessly

In fact, it's so common that it's easily mistaken for normal aging. And part of it is: thyroid hormone production naturally declines with age. Plus, the symptoms come on very slowly, over time, so they may not even seem like symptoms at all. But they are.

Scientists believe about 25 million people suffer from underactive thyroid (hypothyroidism)... and that's a very conservative estimate. But they also believe that nearly half of those people haven't been properly diagnosed, so they continue to suffer needlessly.

On top of that, mainstream doctors typically rely on a single test (serum TSH, more on that below) to measure thyroid performance, one that can only catch a very specific problem. So if that's

not the reason your thyroid is sluggish (and there are quite a few reasons it could be, as you'll see in a moment), you'll leave without a correct diagnosis, and without treatment.

And even when that incomplete test does indicate a thyroid problem, it may not be giving your doctor the complete picture—only that one part of this complex, intricate system is out of whack.

One broken part leaves you feeling old, fat, and rundown

It's a delicate, complicated system, and a tiny glitch anywhere in that system can cause widespread fallout. When everything is running smoothly, thyroid hormones properly regulate your metabolism... all the way down to the cellular level.

But when something goes wrong, even a little wrong, it sets off a chain reaction that leaves you feeling old, fat, and rundown. And fixing just one part may not be enough.

When everything is working the right way, the main process flows like this:

1. Your brain (hypothalamus, to be exact) senses that your thyroid hormone levels are too low, and releases TRH (thyrotropin-releasing hormone) to let your pituitary gland know
2. Your pituitary gland receives the signal, and it releases TSH (thyroid stimulating hormone) to notify your thyroid gland.
3. Your thyroid gets the message to send more thyroid hormones—called T4 and T3—into your bloodstream.
4. The circulating thyroid hormones send a message back to your brain telling it to turn off production for now

To create T4 and T3, your body combines iodine with an amino acid called tyrosine. With those, it creates a lot of T4 (tetraiodothyronine, or thyroxine) and a little T3 (triiodothyronine), the more active form that regulates your body's entire metabolic rate. As needed, your body converts much of that T4 into T3 with the help of selenium.

And when everything is working just right, your body produces just enough thyroid hormones at just the right time.

So many things can go wrong

Thyroid is one of the most important and most delicate systems in your body, and it's very easy to knock it off track. In fact, the number of things that can go wrong with this critical system are staggering, despite the mainstream "single issue" focus.

Their focus falls squarely on TSH levels, which have a major impact on thyroid hormone production. And when TSH levels are high, mainstream medicine typically responds with a drug like Synthroid, which puts more T4 in circulation. But that does not really address the problem, and it's not necessarily the whole problem.

That diagnosis focuses on the production signal: too little TSH means your thyroid isn't being directed to produce more hormones. And that is a problem, but not the only one, and not even necessarily the most important one.

- Too much stress produces excess cortisol (another hormone) which interferes with your pituitary gland
- You may be iodine deficient (more common than you think), so your thyroid doesn't have enough raw material to work with
- Thyroid hormone production is working just fine, but your body has trouble converting T4 into T3 (which is why T4 drugs like Synthroid don't always work)
- The T4 to T3 conversion process is right on track, but your cells are having trouble taking in the thyroid hormones

An autoimmune condition could be

attacking your thyroid, so even if it's getting the TSH signal loud and clear, it just can't produce enough T4 and T3

The last point is actually the most common cause of hypothyroidism, especially in women. And a simple TSH test will not diagnose it.

When your thyroid is under attack

If you suffer from hypothyroidism, chances are you have an autoimmune condition known as Hashimoto's disease (also called chronic lymphocytic thyroiditis).

Your body's immune system believes your thyroid gland is an enemy, and attacks it directly. Your thyroid tissue becomes so inflamed that it can't function properly, and it can't produce nearly enough hormones.

Your brain picks up on this, and sends the message to your pituitary gland, which signals your thyroid to make more hormones. But your thyroid simply can't, so your pituitary gland sends even more TSH, slamming your thyroid with production requests that it just can't fill—but not for lack of trying.

In fact, your thyroid tries so hard to produce those hormones that its cells begin to get bigger and multiply, and your thyroid starts to swell.

But even with all that happening, you won't feel any intense symptoms. Instead, the symptoms of hypothyroidism will sneak up on you... and you'll just feel old, fat, and worn out.

And while mainstream medicine doesn't really have a solution for Hashimoto's disease—in fact, they often don't even diagnose it properly—there is a highly effective solution available

Thyroid Strong™ restores complete thyroid function, from every angle

It doesn't flood your body with extra hormones, like the mainstream single-minded "solution."

Thyroid Strong considers your thyroid from every angle, so your body gets full support throughout the whole

hormone-producing process from your brain to your pituitary gland to your thyroid and back again.

This comprehensive formula combines the raw materials your body needs to create thyroid hormone, along with protective antioxidants, stress-managing herbs, critical trace minerals, and balancing ingredients to help calm your overactive immune system.

Kelp and **L-tyrosine** provide exactly the supplies your thyroid needs to produce T4 and T3.

Selenium concentrates in your thyroid, is critical for T4 to T3 conversion,¹ and calms the antibodies that attack from Hashimoto's disease.

Copper and **zinc** are both critical to metabolic processes, and help your body use thyroid hormones.

N-acetyl-cysteine and **resveratrol** offer antioxidant protection and help your liver create the enzymes necessary for converting T4 into active T3.

Three adaptogenic herbs—**ashwagandha**, **holy basil**, and **codonopsis**—help your body deal with stress more easily, and lift your spirits (which hypothyroidism can crush).

Thyroid restored, and you're back in shape

It won't take long for you to feel and see a difference, once you start taking Thyroid Strong.

Your energy and mood will pick up, that crazy weight gain will stop (and you will probably start to lose weight), your hair and skin will look and feel younger—optimal thyroid function makes all the difference in the world... and sooner than you'd think:

"I could feel my body responding within 1 week on Thyroid Strong," said Joan from Florida.

Terry from Ohio was surprised by how fast Thyroid Strong helped her feel better. *"I could not believe that my body started feeling like it was working again even in the first week."*

And Mary from Texas said, *"Finally something is helping me with my thy-*

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Finally! Put an end to the crippling pain of sciatica with just a few drops of this (crazy sounding) miracle

by Michele Cagan

It hurts to move, and hurts to stay still. Between the burning, numbness, and electric shock-like agony, you can barely make it to the kitchen for breakfast. You might be able to get by with painstakingly slow, small movements. Or the pain may feel so brutal that you can't walk without a cane... and maybe not even with one.

There's absolutely nothing your doctor can prescribe to really erase that intense shooting sciatica pain. He may throw steroids, muscle relaxers, anti-inflammatory drugs, antidepressants, even potentially addictive narcotics (like Vicodin and Percocet) at the problem. And more doctors than ever are prescribing Lyrica and Cymbalta—but neither brings true relief, though they can cause some seriously scary side effects.

But there is something that will help, bringing you profound relief from even chronic sciatica pain.

Tiny drops of healing power ease even the most crippling sciatica pain, bringing an end to your suffering.

Are you willing to risk your life to ease the pain? Big Pharma's hoping so

They can mask the pain, if you take them 'round the clock.

But they can't solve the problem, or offer real relief from all the symptoms that come with sciatica. And they can leave you in worse shape than before you took them.

When your choices seem limited to powerful narcotics, gut-wrenching anti-inflammatory drugs, and frequent steroid injections, a "wonder drug" like Lyrica or Cymbalta could feel like a lifeline. But these two drugs are far from wonderful... and it's no wonder that neither is approved to treat sciatica pain.

Their benefits are virtually nonexistent, and their risks read like a horror story. Both can cause very dangerous emotional effects like increased chance of

suicide, worsening depression, and panic attacks. Both can bring on signs of cognitive decline, and they can also cause some very alarming physical symptoms as well.

- Swollen hands, feet, and legs (Lyrica)
- Blurred vision and dizziness (Lyrica)
- Blood vessel tumors (Lyrica, so far documented only in animal studies)
- Fatal liver problems (Cymbalta)
- Abnormal bleeding (Cymbalta)
- Seizures or convulsions (Cymbalta)

Risking seizures, tumors, death all for little to no true relief? If your doctor offers up one of these Pharma disasters, smile politely and leave the office.

And consider trying this slightly weird but highly effective and totally safe alternative.

Sounds like voodoo, works like magic, and feels like a miracle

I'll admit it—it sounds like crystal ball, voodoo, quack medicine.

But there's a reason homeopathy has been around for hundreds of years. It works (even though the way it works seems a little crazy).

Homeopathic remedies each work

A counterintuitive approach to potency

In Western medicine, more is more: If you need more relief, you take a higher dose of medicine. Homeopathy does the opposite.

Homeopathic remedies are very highly diluted in water (or alcohol), and more diluted means more power. For example, a 6X remedy (X as the Roman numeral for 10) starts out as 1 part remedy in 9 parts water, then gets diluted in the same proportion 6 more times. So a 6X remedy means 1 part remedy in 1,000,000 parts dilution. And that's considered a *low* potency dose!

on very specific vibrational frequencies, and the one that connects with your particular constitution can fix what's wrong, fast, without any side effects.

The right remedy will resonate with your body... even if that specific remedy doesn't work for other people with what seem to be the same symptoms.

But unlike Western or herbal medicine, these remedies don't really act on specific biological pathways to treat symptoms and diseases. The approach is completely different, acting instead on your whole person and how your symptoms affect you.

Even when mainstream medicine has no solution, and all their questionable prescription drugs leave you feeling worse than ever... homeopathy makes sciatica pain fade away.

Homeopathy with a twist

Classical homeopathy works on a very small scale: Not only are homeopathic remedies diluted to minuscule levels, but they are traditionally prescribed to one patient at a time, in one potency at a time.

But Dr. Frank King, founder of King Bio and Dr. King's Natural Medicine, pioneered a more encompassing approach.

At the core of his philosophy lie homeopathic formulas containing several remedies in high potencies to synergistically treat a wider spectrum of core symptoms.

And that means a better chance that they will bring relief from whatever is ailing you, even something as painful as sciatica.

Blended homeopathic formula sets off a chain of healing

Dr. King's Natural Medicine Sciatic Nerve Formula™ is a comprehensive blend of eleven remedies housed in a Bio-Energetically Enhanced™ pure water base. This formula contains equal volumes of each ingredient in three separate potencies: 10X, 30X, and LM1

(the LM means 50,000 times dilution, a very powerful potency).

With eleven ingredients of three potencies each, you get 33 individual remedies in one formula to relieve your sciatic pain.

So whatever the cause of your sciatica, no matter where you feel it most intensely, no matter *how* you feel it, homeopathy can ease that excruciating pain, and relieve even the most severe symptoms:

- shooting pain
- numbness and tingling
- leg spasms
- burning sensation
- tightness and stiffness
- muscle cramps
- phantom pains
- weak legs

And each remedy focuses on your sciatica in a slightly different way, with one virtually sure to match your vibrational energy.

Right side, left side, worse at night: However your sciatica hits, this will help

Each individual homeopathic remedy in this formula offers a different healing vibration, specific to one of the many different ways sciatica can unfold.

Some of the indications are ultra specific, and some seem flat-out odd—but if you think for a minute, you'll find yourself nodding in recognition ("It *does* feel worse after I drink coffee!"

And once you start taking it, the right ingredient for you will resonate through your system, and your sciatica will begin to disappear.

"This is a miracle product"

Janis Gritson suffered with sciatica symptoms for years... until she stumbled across King Bio Sciatic Nerve Formula™.

"This is truly a miracle product. I suffered from tingling and numbness in my leg for years. Every doctor I went to said it was a pinched nerve and there was nothing to do for it."

"I wasn't able to stand for more than 10 minutes until my leg totally went numb. After using the product one time I felt some improvement, and after using it for a couple of weeks I am walking around

Homeopathic remedy	Indications
<i>Aesculus hippocastanum</i>	sharp pain in the small of your back, hips and legs; worse when getting up from a chair, worse in the morning
<i>Ammonium muriaticum</i>	sciatic nerve pain, phantom pain; worse when sitting, better when lying down; coughing intensifies the pain
<i>Arsenicum album</i>	weakness, burning pain, and cramping in legs with spasms; feel exhausted after exertion; right-side pain; better with heat
<i>Belladonna</i>	sudden onset of shooting pain in legs, hip and thigh pain; right-side pain; movement or sitting for a long time makes it worse
<i>Capsicum annuum</i>	sciatic pain in hips and legs; left-side pain; worse with stretching or coughing
<i>Causticum</i>	burning pain, numbing pain, cramps, stiffness; left-side pain; worse with motion and getting up from a seat; better with heat
<i>Colchicum autumnale</i>	numbness, tingling, weakness in limbs; chronic pain; feel cold inside; worse overnight, wakes you from sleep
<i>Gnaphalium polycephalum</i>	intense sciatic nerve pain along with numbness; right-side pain, worse with movement
<i>Ignatia amara</i>	cramping, joint pain, spasms; often connected with grief; worse in the morning or after drinking coffee
<i>Magnesia phosphorica</i>	muscular weakness, sciatic pain, sudden lightning-like shooting pain; worse at night; worse with cold but very hot heat makes it better; often comes on after a bout of flu
<i>Rhus toxicodendron</i>	pain and stiffness in tendons, ligaments and muscles; restless feeling and the urge to move; left-side pain; being still or cold makes pain worse

the supermarket for 45 minutes wondering when my leg is going to go numb."

"This product definitely helped me."

- Sciatic Nerve Formula™ relieves even the worst sciatica pain... no matter how long you've been suffering
- Sciatica pain can cripple you, and it can last for months, even years. Even if you've tried taking medicine with no luck, don't despair. Sciatic Nerve Formula can bring true and profound relief from even your worst symptoms.

If you've never used homeopathy before, it can be a little weird, because the dosing is personal for you. For the best results, take your remedy at least 10 minutes before or after eating or drinking. And unlike pharmaceuticals, you don't increase the dose to get more out of your remedy—you increase the frequency of the doses.

King Bio homeopathic remedies come in spray bottles. Before you take your first dose, pump the sprayer a few times to prime it. When it's ready, bring the bottle right up to your mouth and spray three full pumps (which equals a single dose) under your tongue.

How often you repeat the dose depends on you. In general, the manufacturer recommends taking one dose (three pumps), three times per day. When your symptoms improve, you can cut back to twice daily, then once daily, until you don't seem to need it anymore.

If you are in severe pain, you can take one dose every ten minutes or every hour (depending on how severe it is) until you start to feel some relief. Then you could return to the three times daily dosing schedule.

You can find ordering information for Sciatic Nerve Formula™ in your Member Source Directory on page 8. **HSI**

Weird-looking wafers fight fatigue

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Lipids can also protect your cell membranes and your precious mitochondria against future damage.⁷

To combat fatigue, keep a platoon of pristine lipids at the ready

NT Factor Lipids help you conquer even the most crushing fatigue. But this is not a cure or a one-time quick fix.

Your cell membranes are assaulted daily, and subject to constant damage, so you'll need to keep taking them regularly to keep fatigue at bay.

Dr. Nicolson told me that the optimal daily dose for most people is about 2,400 mg per day, which two Vibrant & Clear Energy Wafers will supply.

And if you've been battling chronic fatigue for a long time, or have a fatiguing illness (like cancer or fibromyalgia), you may need to take three or four wafers per day, at least in the beginning.

"It's perfectly safe to take more than two per day," he told me. "I've looked

through thousands of publications on phospholipids and saw no safety issues, even with very high doses. These are very safe, and your body knows just how to use them."

Restore your vitality at the cellular level with Vibrant & Clear Energy Wafers

Vibrant & Clear Energy Wafers combat fatigue and restore both mental and physical vitality, no matter how long you've been battling the weariness, no matter what's causing it.

The manufacturer recommends taking one Vibrant & Clear Energy Wafer daily.

A note: NT Factor Lipids are derived from a soy base, but contain only lipids and no soy proteins, making them generally safe for people with soy protein sensitivities.

You can find ordering information for Vibrant & Clear Energy Wafers in your Member Source Directory below. [HSI](#)

Drop the mystery pounds

(continued from page 5)

roid problems. I've been taking Thyroid Strong for 4 days now and I can feel the difference. I want to get up in the morning, something I have not felt in a long time."

In one week—or even sooner—all the problems you thought you'd have to just live with could start turning around.

Thyroid Strong™ brings your whole system back under control... including that frustrating weight gain

No matter what's plaguing your thyroid balance, Thyroid Strong™ is designed to fix it. With crucial ingredients to address all the problems that can crop up with thyroid—unlike the mainstream method of slamming your body with more inactive hormones—you'll start to feel better before you know it.

The manufacturer recommends taking one capsule, two times daily.

You can find ordering information for Thyroid Strong™ in your Member Source Directory below. [HSI](#)

MEMBER SOURCE DIRECTORY

Dr. King's Natural Medicine Sciatic Nerve Formula™, Dr. King's Natural Medicine, PH: (866)298-2740; www.kingbio.com. Dr. King's Natural Medicine brand Sciatic Nerve Formula costs US\$19.99. HSI Customers will get an exclusive 20% discount on orders placed from September 15 through November 30, 2013. Simply use code 20HSC13 when you order.

Thyroid Strong™, Redd Remedies, PH (888) 453-5058; www.reddremedies.com. One 60-capsule bottle of Thyroid Strong costs US\$34.99. HSI members will get an exclusive 20% discount off their entire order of US\$50 or more on all Redd Remedies products through December 7, 2013. Simply use code TS1013 when ordering. Discount available on U.S. orders only. For ordering information outside the U.S. please e-mail orders@reddremedies.com.

Vibrant & Clear Energy Wafers™, Markit Health, PH: (800) 950-0387; www.WaferEnergy.com. One 60-count bottle of Vibrant & Clear Energy Wafers costs \$49.95. HSI members will get exclusive savings: Buy two bottles and get the third for half price, or buy four bottles and get two free. Simply mention HSI to take advantage of these special savings through December 31, 2013. Minimum order for customers outside the U.S. is three bottles.

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